

Holiday Timetable Week 2: December 27th January 3rd 2021

For class instructors and the most up-to-date version of the timetable, please view the live timetable on your Nillumbik MOVES app.

GROUP FITNESS STUDIO							
TIME	MONDAY 28/12	TUESDAY 29/12	WEDNESDAY 30/12	THURSDAY 31/12	FRIDAY 1/1	SATURDAY 2/1	SUNDAY 3/1
6.00am		LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP VIRTUAL	METAFIT			
7.05am		LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL		LES MILLS BODYPUMP VIRTUAL	
8.10am	LES MILLS CXWORX VIRTUAL		LES MILLS SH'BAM VIRTUAL			LES MILLS BODYCOMBAT	ZUMBA FITNESS
9.10am	LES MILLS BODYPUMP		LES MILLS BODYPUMP	tone		POWER HIIT	LES MILLS BODYPUMP
9.40am		KETTLEBELL *					
10.15am	tone	LES MILLS BODYCOMBAT	ACTIVE MOVERS	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT
11.20am	LES MILLS CXWORX VIRTUAL	LES MILLS BODYPUMP	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL		LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP VIRTUAL
12.25pm	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS CXWORX VIRTUAL	LES MILLS CXWORX VIRTUAL		LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYBALANCE VIRTUAL
1.30pm		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL
3.00pm	LES MILLS BODYPUMP VIRTUAL	LES MILLS * CXWORX VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS * CXWORX VIRTUAL	LES MILLS * CXWORX VIRTUAL	LES MILLS BODYPUMP VIRTUAL
4.15pm	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS * CXWORX VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL
5.30pm	LES MILLS BODYPUMP45	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL
6.15pm	LES MILLS BODYPUMP	POWER HIIT	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP VIRTUAL		
7.15pm		ZUMBA FITNESS	LES MILLS BODYPUMP45		LES MILLS CXWORX VIRTUAL	LES MILLS CXWORX VIRTUAL	LES MILLS * BODYPUMP VIRTUAL
8.20pm		LES MILLS BODYCOMBAT VIRTUAL	LES MILLS SH'BAM VIRTUAL				
9.20pm		LES MILLS CXWORX VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL*				

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TIME	MONDAY 28/12	TUESDAY 29/12	WEDNESDAY 30/12	THURSDAY 31/12	FRIDAY 1/1	SATURDAY 2/1	SUNDAY 3/1
8.10am						PILATES	YOGA
9.10am	PILATES		YOGA	BARRE		BARRE	LES MILLS BODYBALANCE
10.15am	ACTIVE MOVERS	YOGALATES	PILATES	ACTIVE MOVERS LIGHT		LES MILLS CXWORX	
11.20am	LES MILLS BODYBALANCE		BARRE	YOGA HATHA			
5.30pm	PILATES 45		CORE 30				
6.15pm	YOGA BLEND	LES MILLS BODYBALANCE	PILATES				
7.15pm		YOGA HATHA					

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CYCLE STUDIO							
TIME	MONDAY 28/12	TUESDAY 29/12	WEDNESDAY 30/12	THURSDAY 31/12	FRIDAY 1/1	SATURDAY 2/1	SUNDAY 3/1
5.45am		LES MILLS RPM		LES MILLS RPM VIRTUAL			
7.00am		LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL			
8.10am	LES MILLS RPM VIRTUAL					LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
9.10am	CYCLE	LES MILLS RPM	CYCLE *	LES MILLS RPM		POWER CYCLE	LES MILLS RPM
10.15am	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL			LES MILLS RPM VIRTUAL
12.30pm	LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL			LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
2.00pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
4.00pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
5.30pm	LES MILLS RPM	POWER CYCLE	LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
6.30pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL			LES MILLS RPM VIRTUAL		
7.30pm		LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL				

* Indicates 30min

AQUA PROGRAMS							
TIME	MONDAY 28/12	TUESDAY 29/12	WEDNESDAY 30/12	THURSDAY 31/12	FRIDAY 1/1	SATURDAY 2/1	SUNDAY 3/1
8.15am		AQUA					
9.15am	AQUA		AQUA	AQUA			
6.00pm			AQUA				
7.00pm							

REFORMER PILATES STUDIO							
TIME	MONDAY 28/12	TUESDAY 29/12	WEDNESDAY 30/12	THURSDAY 31/12	FRIDAY 1/1	SATURDAY 2/1	SUNDAY 3/1
8:15am						REFORMER PRINCIPLES	
9.15am	REFORMER PRINCIPLES	REFORMER				REFORMER	REFORMER
10.15am	REFORMER	REFORMER					REFORMER
12:30pm							
4.30pm							
5.30pm			REFORMER				
6.30pm		REFORMER					

*Reformer Principles classes are FREE for members – all other Reformer Pilates classes incur cost \$12 for members and \$22 for non-members.